

## LACTATION SUPPORT

### RHJN, Chevy Chase Location

Consultations are now offered in office with board certified lactation consultant Kathryn Blanchette, WHNP. Information provided regarding proper positioning, pumping, timing and duration of feedings, diet and complications such as mastitis.

(301)-654-5700

### NESTED LLC

Offering breastfeeding education classes taught by a certified lactation consultant. Classes are held in the offices of Reiter, Hill, Johnson, and Nevin.

Two hour class for moms or couples.

Nested LLC also offers childbirth classes and childcare classes which include infant CPR and Nest Steps for new or experienced parents who wish to learn about self-care and coping strategies to provide a healthy family.

[www.nestedbaby.com](http://www.nestedbaby.com)

Email: [info@nestedbaby.com](mailto:info@nestedbaby.com)

### SIBLEY MEMORIAL HOSPITAL

Lactation Services Department

5255 Loughboro Road NW

Washington, DC 20016

(202) 243-2321

[www.sibley.org/lactation/](http://www.sibley.org/lactation/)

Provides a full range of lactation services including breastfeeding classes, bra fittings, inpatient breastfeeding rounds and classes, outpatient lactation consultations on a fee for service basis, and breast-pump rentals, sales and supplies.

Sibley Memorial also offers classes on childbirth and childcare, including infant CPR.

### METROPOLITAN BREASTFEEDING

4927 Auburn Avenue Suite 100

Bethesda, MD 20814

(301) 943-9293

[www.metropolitanbreastfeeding.com](http://www.metropolitanbreastfeeding.com)

Provide in home lactation consultations as well as offer breastfeeding products, bra fittings and breast-pump rentals.

BREASTFEEDING CENTER FOR GREATER WASHINGTON

2141 K Street NW Suite 3

Washington, DC 20036

(202) 293-5182

[register@breastfeedingcenter.org](mailto:register@breastfeedingcenter.org)

[www.breastfeedingcenter.org](http://www.breastfeedingcenter.org)

Offers a wide range of free and low cost classes for expectant, new and experienced mothers including breastfeeding, childbirth and childcare classes.